

# DISCOVERY



Photo by Staff Sgt. Brandy Bogart

## What's in Santa's gift bag?

Santa's helper Alma Galan (left) reaches in Santa's gift bag to see what gifts she can give to Meagan Dedina (sitting on Santa's lap) and Skyler

Arroyo. Santa made an appearance at the annual Brooks Christmas tree lighting ceremony Dec. 3. For more photos, turn to page 3.

# Past, present Brooks community commemorates JFK's 1963 visit

By Rudy Purificato  
311th Human Systems Wing

An estimated crowd of more than 500 people helped recreate a special time in Brooks history when they gathered in front of Bldg. 150 on Nov. 21 to commemorate President John F. Kennedy's visit here 40 years ago. Former Brooks employees, who in 1963 witnessed JFK deliver his last

speech on space exploration, joined a new generation of Air Force professionals in a reverent ceremony that evoked old memories and created new ones. "Today, sitting here, brought back many memories," recalled Dr. James Endicott, who in 1963 was a U.S. Air Force School of Aerospace Medicine audiologist. "I got chills." Endicott was "officer of the day" during the JFK visit. The group that participated in the

40th anniversary commemoration ceremony was similarly attentive to the guest speakers as those a generation before had been to the 35th President of the United States. Retired astronaut Robert Cabana, NASA's Flight Operations Directorate director at the Johnson Space Center in Houston, delivered the ceremony's keynote address. "It is indeed a pleasure for me to be here with you today to celebrate the 40th anniversary of the dedication of the Aerospace Medical Division (Center), to reaffirm the importance of the ties between NASA and Brooks, and especially, to speak to you from this podium where President Kennedy first challenged you to be

leaders and to excel, where he shared his vision of where we were going in space, and what the importance of space exploration meant to the future of this country," Cabana said. The former astronaut, who commanded the space shuttle Endeavour in 1998 during the first International Space Station assembly mission, credited Brooks for its past and current contributions supporting America's space program. "Brooks AFB is now Brooks City-Base, but the dedication of the personnel assigned here to be leaders in the field of aerospace medicine and research has remained constant," he said.

Kennedy, Page 17

## Inside this issue:

Promotions	4
Briefs	6
Chapel schedule	13
Crossword	19
Sports	22



Families, teens compete in talent contest  
Page 14



Running clinics support AF's new PT program  
Page 22



20 shopping days left until Christmas





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# There's not enough time *Where did it go?*

By Rudy Purificato

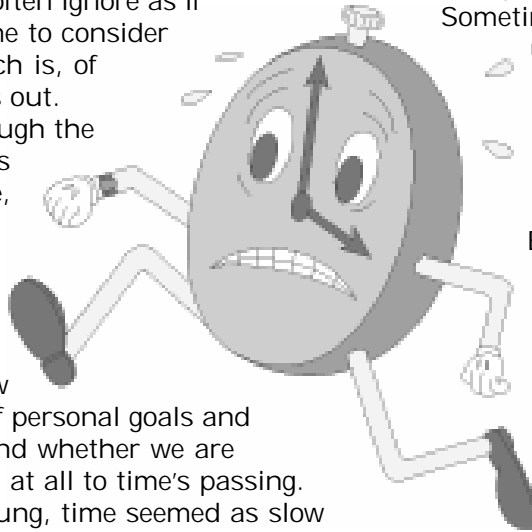
311th Human Systems Wing

"Time stands still for no one," so the saying goes. It's one of those truths about life that we all know about, yet often ignore as if there is plenty of time to consider the alternative. Which is, of course, when it runs out.

As the sands through the hourglass of our lives continues to dwindle, slow for some, much faster for others, it seems how we value time depends upon several factors: our age, how we view ourselves in terms of personal goals and accomplishments, and whether we are paying any attention at all to time's passing.

When we were young, time seemed as slow as molasses. We anxiously wanted to be a year older and actually tried to speed the process up by adding 'halves' to our age. As we entered our teenage years, our hurried refrain to appear more adult included the age identifying adjective 'almost,' as in 'almost 16.' By the time we reached the ripe-old age of 30, some of us started to work against time by trying to slow it down mathematically.

People who use this tactic apply the popular tagline "plus" to their age rounded off, such as 30-plus. This creates a paradox of sorts in that



those who do this use the symbol for addition to subtract some years. The late great comedian Jack Benny even tried to stop time altogether by claiming to always be 39. But in the end, what it all adds up to is that we've already used a lot of time.

Many of us who have picked up the daily habit of reading newspaper obituaries have already stopped counting birthdays, unless you happen to be near retirement when age, plus years of service, matters.

What really matters, however, is how we use time. To most of us, we take time for granted as we go about our busy lives. Haven't you noticed that the busier we become the less time there is to do things? This realization is actually time's subtle warning to us all, that it's ebbing away. The busier we become, the more time seems to speed up, often times causing us to lose track of it's passing. This becomes most apparent when we read or hear about news event anniversaries such as Princess Diana's tragic death - six years ago! It seemed like it happened only yesterday, or perhaps just a few years ago.

Sometimes these shocking revelations cause us to do something that is scientifically impossible, by 'creating time.' When some of us try "to make more time" by temporarily re-shuffling our priorities, we fool ourselves. No more time can be had, not in this universe anyway. By whatever means you measure time, the clock is still ticking.

So what, then, can we do about it? Savor each moment as if it was your last. None of us know how short our days on Earth have become. What is certain is this: no one who has reached the end of their life has ever said that they wanted more money or power or fame. What they inevitably want is more time.

Therefore, take time for the truly important things in life. Take time to tell someone close to you that you truly care and appreciate them. You may not get another chance.

The real secret to a longer life is not 'breathing,' but how you spend time wisely. Remember what baseball sage Yogi Berra allegedly said about time: "Take time to smell the roses, before you start pushing up the daisies."

[Rudolph.Purificato@brooks.af.mil](mailto:Rudolph.Purificato@brooks.af.mil)

## Warning signs, red flags keys to recognizing fraud

By Lt. Col. Susan Loveland

311th Human Systems Wing Inspector General

Recently, white-collar crime has significantly impacted people from many walks of life across America, as it did in December 1997 when the Air Force Audit Agency issued its handbook 65-109, Fraud and Waste Indicators.

Recognizing fraud requires opportunity and motive for personal or organizational benefit. The key to recognizing and preventing fraud is identifying warning signs or red flags that appear as administrative or managerial irregularities. Red flags are not proof, but may indicate possible fraud.

Fraud is a general term that encompasses many ways an individual can take advantage of another. It is considered "white collar" crime that is an illegal act where one member obtains something of value through willful misrepresentation. An error is not a crime. However, intentional small amounts over time can show a trend of willful intent for fraud.

The Department of Defense Inspector General defines fraud as: Any intentional deception designed to deprive the United States unlawfully of something of value or to secure from the United States for an individual a benefit, privilege, allowance, or consideration to which he or she is not entitled.

Such practices include, but are not limited to, the offer, payment, or acceptance of bribes or gratuities; making false statements; submitting false claims; using false weights or measures; evading or corrupting inspectors or other officials; deceit either by suppressing the truth or misrepresenting

material fact; adulterating or substituting materials; falsifying records and books of accounts; arranging for secret profits, kickbacks, or commissions; and conspiring to use any of these devices.

The term also includes conflict of interest cases, criminal irregularities, and the unauthorized disclosure of official information relating to procurement and disposal matters.

([www.dodig.osd.mil/hotline/hotline9.htm](http://www.dodig.osd.mil/hotline/hotline9.htm))

Red flags can be sudden changes in life style or behavior, and activities that manage personal-use items are the most susceptible. For example, cash operations require strict controls.

Fraud opportunities increase when there is a segregation of duties, supervisory reviews are absent, and controls bread down or are not followed up and addressed.

Fraud can also happen when people are improperly trained and there is inadequate supervision and/or equipment.

According to the AFSA Handbook, downsizing has created challenges for communities in providing quality support to customers; reducing cost and improving efficiency can increase risk. Effective and complementary internal controls are critical to ensure offices continue in efficient, economical, and legal practices.

Let's be vigilant. Timely detection and prevention of unwanted activity is possible through top management verbalizing intolerance, setting the example and everyone demonstrating employee honesty.

Just as a fire cannot occur without oxygen, fraud cannot occur without opportunity, and strong internal controls that are promptly addressed can prevent management issues.

AFRP 90-1, The Inspector General Briefs, has more information. Other information is also available at: [www.brooks.af.mil/HSW/IG.ig.htm](http://www.brooks.af.mil/HSW/IG.ig.htm) or call the 311th HSW IG at 536-8380.



*Photos by Staff Sgt. Brandy Bogart*



### Getting in the holiday spirit

Top left, a youngster tells Santa what she wants for Christmas during the annual tree lighting ceremony Dec. 3 at Brooks City-Base. Above, Col. Tom Travis, 311th Human Systems Wing commander, and his little helper Sean Mundell welcome visitors to the ceremony. Left, the crowd spreads holiday cheer singing Christmas carols.



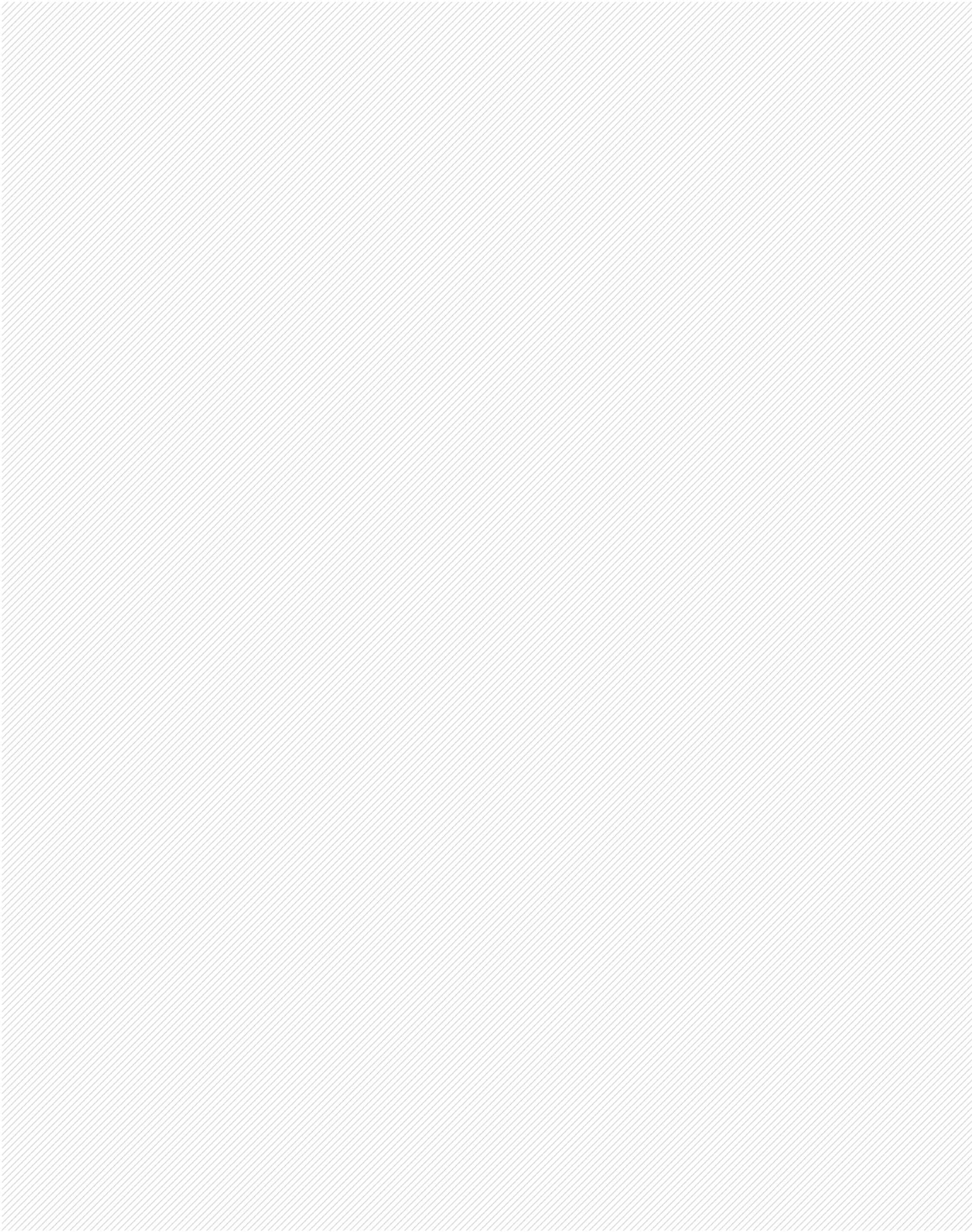
Promotions

The following Brooks officers are being promoted during November and December:	
<b>To lieutenant colonel:</b> David Cohen	Chandra Crawley Air Force Institute for Operational Health
<b>To major:</b> Levette Hamblin	Gael Gauthier AFIOH
<b>To captain:</b> Goldie Boone Jonathan Davis	Mantangi Johnson U.S. Air Force School of Aerospace Medicine
<b>To first lieutenant:</b> Mark Anderson Raymundo Castillo Annalaura Chavez Craig Llorance Darryl Randolph Daniel Wolfe	John Myers 69th Intelligence Squadron
The following enlisted people were promoted during October and November:	
<b>To senior master sergeant:</b> Jerry Gibson 311th Communications Squadron	Dana Stroman-Tufu AFIOH
<b>To staff sergeant:</b> Brandy Bogart 311th CS	Larry Beasley 311th CS
	Anna Lall 311th Medical Squadron
	Denver McCoy 311th CS
	<b>To airman:</b> Donnie Ellis USAFSAM
	Bryson Miller USAFSAM



Photo by Lt. Col. John Stea

**Kennedy commemoration march**  
U.S. Air Force School of Aerospace Medicine personnel march to Bldg. 150 to observe the 40th anniversary commemoration of President John F. Kennedy's visit to Brooks. The ceremony was held Nov. 21. In 1963, Kennedy dedicated buildings that were part of USAFSAM and the Aeromedical Center complex. See page 17 for more photos.





## NEWS briefs

### *New FM entrance now open*

The new customer service area for the 311th HSW Financial Management and Comptroller Office is open. The main entrance is located in the courtyard at the northeast corner of Bldg. 570A. The temporary entrance located at the loading dock area is no longer available for customer use.

The new number for the 311 HSW/FM Customer Service Area is 536-5778

### *Clinic presents celebration*

The Medical Clinic presents a New Year's Resolution Celebration at 10 a.m. Jan. 5. Information on exercise, diet and disease management will be available in the clinic lobby, as well as healthy snacks and tips on how to establish a successful exercise program.

Beginning in January, clinic hours will be from 8 a.m. to 4:30 p.m. daily. The clinic just completed a yearlong project to upgrade the facility to improve access, safety and comfort for its patients.

### *Elf Louise volunteers needed*

Beginning today through Dec. 13, volunteers are needed to help wrap more than 50,000 gifts. Helpers are also desperately needed to help stock toy shelves and organize the wrapped gifts in the warehouse. Wrapping hours are 10 a.m. to 9 p.m., Monday through Saturday, noon to 6 p.m. on Sunday. Walk-in individual volunteers are always welcome. Groups of five or more volunteers need to pre-register to ensure enough room for everyone.

From Dec. 15 to 23 is your chance to play Santa Claus. Round up a team of friends, family or co-workers and come deliver toys to six to 10 families. We have the Santa suits ready to go! Come talk to our Santa Coordinator at one of the briefings, held today through Dec. 13, at 7 p.m. Monday through Friday, and 2 p.m. on Saturday and Sunday.

For more information, call the Elf Hotline at 224-1843, ext. 200, or Sharon Earley at 536-6345 or email [sharon.earley@brooks.af.mil](mailto:sharon.earley@brooks.af.mil).

### *Scholarship applications accepted*

Established in 1992, the Bernard P. Randolph Scholarship Fund supports college-bound seniors or full- and part-time college students in the San Antonio military, civilian or family member community. Independent evaluators judge 600-800 word essays.

Applications are now available at Brooks-City, Kelly, Lackland and Randolph Air Force Bases or Fort Sam Houston Libraries, Education Offices, or Family Support Centers. Applications may also be downloaded from [www.brooks.af.mil/aaca/](http://www.brooks.af.mil/aaca/). Applications and essays are due at 1 p.m., Feb. 5. The scholarships will range from \$500-\$1,000 and will be awarded at the Scholarship Luncheon, 11:15 a.m., Feb. 25, at Brooks. For details, call 1st Lt. Lorrie Carter 536-4896 or 1st Lt. Goldie Boone at 536-6727.

### *Wings of Change cookbook*

The new Wings of Change cookbook, published by the Brooks Heritage Foundation, is available for purchase at the BHF Gift Shop. The new book features recipes from First Lady Laura Bush, Governor Rick Perry, Congressman Ciro Rodriguez, as well as many local restaurants. It also contains a substantial collection of recipes from people at Brooks and in the San Antonio community.

The book is a vinyl, three-ring binder, featuring the Sidney Brooks Memorial eagle on the cover. The cookbook is \$18 plus tax. BHF Gift Shop is located in the Aeromedical Evacuation Annex, adjacent to Hangar 9. Gift Shop hours are 10 a.m.-5 p.m. Monday to Thursday and 10 a.m. 4:30 p.m. Friday. For more information, call 531-9767 or e-mail [bhf@satx.rr.com](mailto:bhf@satx.rr.com).



## Tax statements available on myPay

ARLINGTON, Va. (AFPN) — Defense Finance and Accounting Service officials have compiled a schedule of dates when servicemembers, military retirees and annuitants and defense civilian employees can access their tax statements through myPay.

Military members and Department of Defense civilian employees will have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>. For assistance, users can call myPay customer support at (800) 390-2348.

MyPay provides a secure method for users to manage their pay account information, officials said. Available around the clock, customers can make changes online, instead of visiting a finance office.

Officials are projecting the tax statements will be posted on myPay during the following periods.

- Military annuitants: Dec. 13 to 18
- DOD civilians: Dec. 24 to 29
- Army, Air Force and Navy reserve components: Dec. 26 to Jan. 1
- Military retirees: Jan. 1 to 5
- Marine Corps active duty and Reserve: Jan. 13 to 21
- Army, Air Force and Navy active duty: Jan. 16 to 26

"During 2003, more than 1.2 million users viewed their tax statements on myPay, and we continue to encourage users to view and print their statements online," said Pat Shine, director of DFAS' military and civilian pay services business line. "Timely access to W-2s and other tax statements is another way myPay gives users control of their pay information."





# ACTION LINE

## 536-2222



Col. Tom Travis  
311th Human Systems  
Wing commander

The COMMANDER'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play.

If you have a suggestion for improvement, a complaint or a problem that you have not been able to resolve through normal complaint channels or the chain of command, call the COMMANDER'S ACTION LINE, 536-2222.

Only items of general interest will be published, so please leave your name and number for a personal response.

The base agencies listed below can be contacted directly:

311th Security Forces Squadron.....	536-2851
SFS after duty hours.....	536-2851
311th Civil Engineer Squadron.....	536-3861
311th Communications Squadron.....	536-6571
311th Mission Support Group Logistics Division.....	536-3541
Safety.....	536-2111
Housing Maintenance.....	533-5900
Housing Office.....	533-5905
311th Services Division.....	536-2545
311th Medical Squadron (Clinic).....	536-4715
Military Personnel.....	536-1845
Civilian Personnel.....	536-3353
Military Pay.....	536-5778
Civilian Pay.....	536-8370
I.G. (FWA).....	536-2358
Military Equal Opportunity.....	536-2584
EEO Complaints.....	536-3702
BX Market.....	533-9079
Brooks Development Office.....	536-3655
Brooks City-Base Marketing and Development Office.....	536-5366



## Brooks Family Support Center activities

Call 536-2444 for information

### Sponsor training

**Dec. 9, 9 - 10 a.m., Bldg. 537—**

In accordance with Air Force Instruction 36-3011, sponsor training is mandatory for all first-time sponsors and those who have not sponsored within the past year. Others are welcome to attend to learn about tools and resources available for sponsors.

### Bundles for Babies- expectant parent session

**Dec. 11, 8 a.m.-noon, Bldg. 537—**

Active duty Air Force couples with a newborn or who are expecting a child should attend this Air Force Aid Society

sponsored class. Obtain information about budgeting, basic baby care, development, effective parenting, car seat regulations, and more.

### Separation and retirement

**Jan. 28, 9 a.m.- 4 p.m., Bldg. 537—**

This class is mandatory for active military personnel who are retiring or separating within 120 days. Topics include pre-separation, veterans benefits, Survivors Benefit Plans, TRICARE and financial planning for transition. Spouses are encouraged to attend.

### VA benefits assistance hours

**Wednesdays, alternate Fridays, 9-1 p.m., Bldg. 537—**

The on-site VA representative at Brooks now has expanded hours to better accommodate base personnel. Schedule an appointment to receive claims assistance, screen medical records or have a one-on-one consultation. Appointments are required.

### Consumer credit counseling

**Thursdays, 9:30 a.m.-1:30 p.m., Bldg. 537—**

You can get out of debt with a debt management plan. Call 536-2444 to schedule an appointment with a credit counselor.

Call the Family Support Center at 536-2444, or toll free at 877-747-5938, to register for class, make an appointment or for more information.



# No place for harassment in Air Force; Brooks observes zero tolerance

311th HSW commander issues anti-harassment policy, complaint procedure

**Bud Glavy**  
*311th Human Systems Wing Judge Advocate Office*

Harassment remains a problem in American workplaces, according to the Equal Employment Opportunity Commission, the federal agency with the responsibility of enforcing a number of the anti-discrimination statutes. The EEOC reports an increase in the number of harassment charges filed with its offices over the past years. While the anti-discrimination statutes seek to remedy discrimination in the workplace, their primary purpose is to prevent violations before they happen.

Col. Tom Travis, 311th Human Systems Wing commander, recently reaffirmed the Air Force's policy of zero tolerance for harassment by issuing the Anti-Harassment Policy and Com-

plaint Procedure. The Policy is designed to prevent violations and to encourage the early reporting of any incidents. The policy states that: "The 311th Human Systems Wing is committed to providing a work environment where our military members and civilian employees are treated with respect and dignity. Harassment of any personnel based on race, color, sex, religion, national origin, age, disability, or any other category protected by law will not be tolerated. Harassment by anyone, including harassment by any manager, supervisor, work leader, co-worker, or contractor is strictly prohibited. Violators of this policy face the possibility of removal from employment or other appropriate disciplinary action."

Everyone should know that harassment includes unwelcome conduct, whether verbal, physical or visual, that creates an intimidating, offensive or hostile work environment or that unreasonably interferes with job performance.

Sexual harassment deserves special mention. Sexual harassment includes one or more unwelcome sexual advances, requests for sexual favors,

or other unwelcome physical, verbal or visual conduct of a sexual nature where:

- submission to or rejection of such conduct is made either explicitly or implicitly a term or condition employment; or
- submission to or rejection of such conduct by an individual is used as a basis for career or employment decisions affecting that individual; or
- such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creates an intimidating, hostile or offensive work environment.

Sexual harassment may include any one or more of the following types of unwelcome conduct: direct sexual propositions; sexual innuendo; suggestive comments; sexually oriented "kidding," "teasing," or "practical

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... harassment includes unwelcome conduct, whether verbal, physical or visual, that creates an intimidating, offensive or hostile work environment or that unreasonably interferes with job performance.

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jokes" about gender-specific traits; foul or sexually oriented language or gestures; display of foul or sexually oriented printed or visual material; or physical contact, such as patting, pinching or brushing against another's body.

To make the policy effective all personnel have the responsibility to stop harassment. Personnel should immediately report all harassment incidents to:

- their supervisor;
- another supervisor within their chain of command;
- or (for civilian employees) an EEO manager (536-3702) or (for military members) a MEO advisor (536-2574).

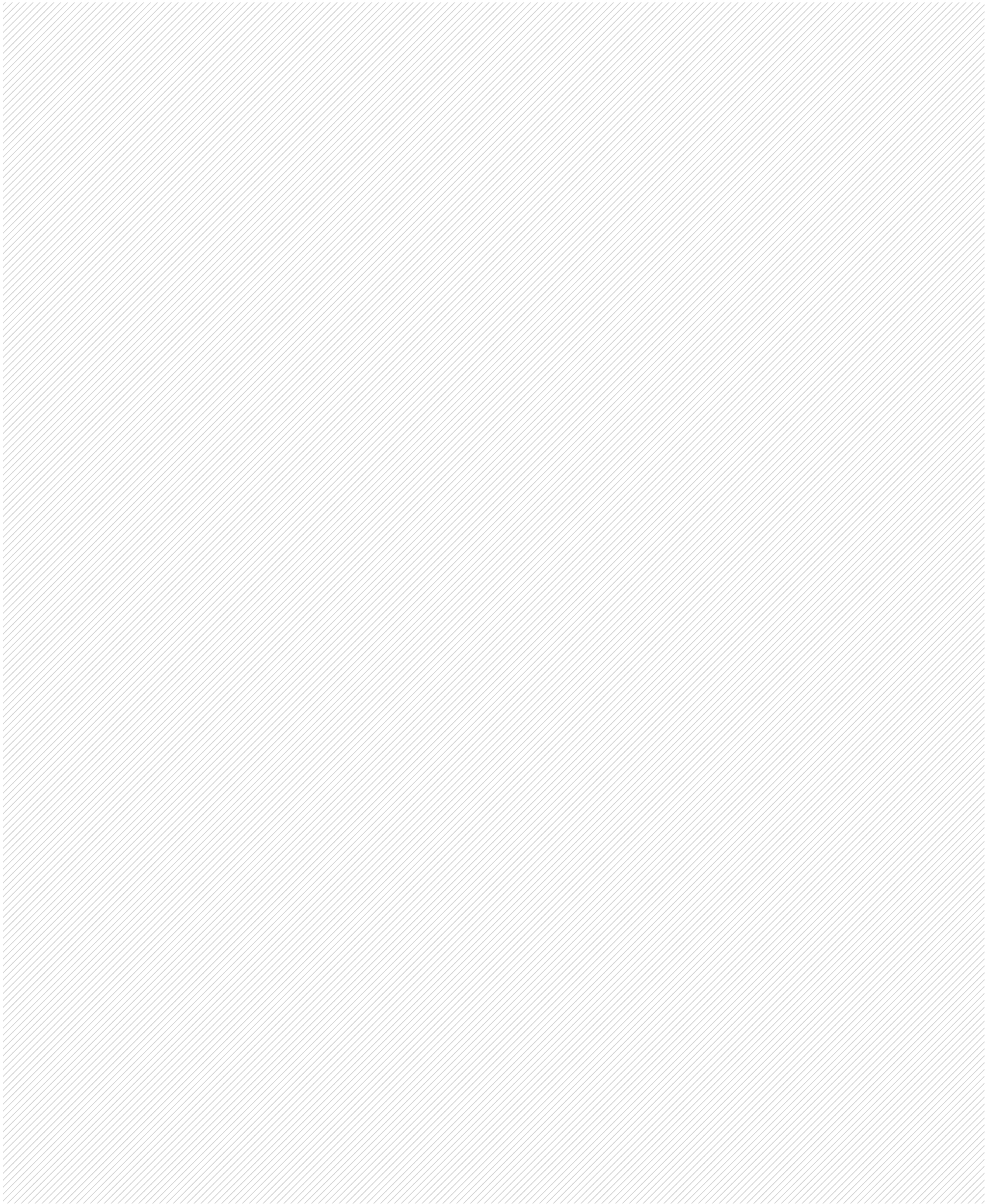
No one should wait for the conduct to become severe or pervasive; instead, personnel should report an incident as early as possible.

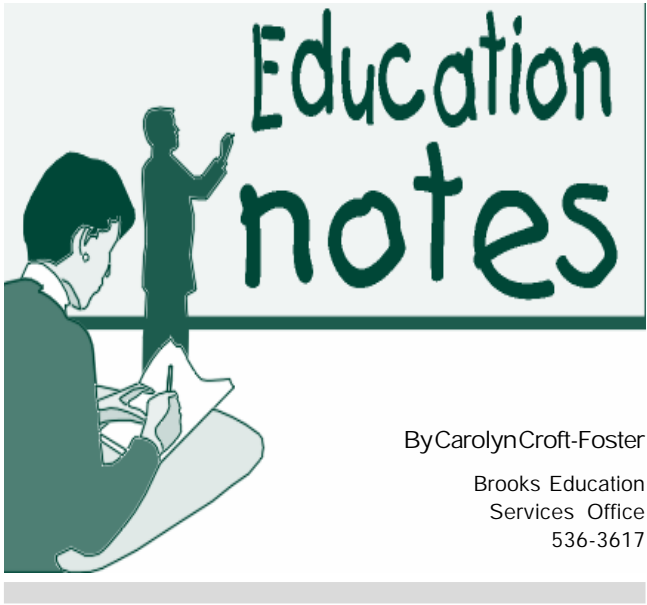
Under the policy, all harassment complaints will be investigated thoroughly and promptly. All investigations will be conducted in a sensitive manner and, confidentiality will be honored during the investigation to the extent feasible.

Further, reprisal or any retaliatory action against or harassment directed toward any employee who files a complaint under this policy, or who assists in the investigation of a complaint under this policy, is strictly prohibited.

By following the Anti-Harassment Policy and Complaint Procedure, unlawful harassment can be prevented.







By Carolyn Croft-Foster  
Brooks Education  
Services Office  
536-3617

### CLEP Testing

The College Board is retiring paper based CLEP exams in fiscal 2004. The following exams will be recalled Jan. 31, 2004: Social Sciences and History, Analyzing and Interpreting Literature, College Algebra, Freshman College Composition, Psychology, and Principles of Management. All other remaining subject exams will be retired March 31, 2004. Computer Based CLEP Exams are available at National Test Centers, but servicemembers cannot request a reimbursement at the present time for these tests.

The fee for DANTES transcripts increased Oct. 1 for military members. The new fee is \$20. Also the cost of DSST exams for civilians will increase to \$45.

The Brooks Education Services Office offers CLEP testing on Wednesdays at 5 p.m. and Fridays 8 a.m. Call 536-3617 to reserve a seat.

### St Mary's University

A Graduate School representative is at Brooks Education Center every Wednesday from noon to 2 p.m. St. Mary's Graduate School offers three graduate programs on Randolph and Lackland Air Force Bases: MBA, Computer Information Systems, and Engineering Systems Management. St. Mary's also offers Texas Teacher Certification. Last chance to apply for the Spring 2004 term is Dec. 10. Spring Term classes start Jan. 12. For information regarding our graduate programs, call 658-4852 or call 536-3617 to schedule an appointment for Wednesday.

### Upper Iowa University degrees

Two new Bachelor's Degree Completion programs are now available on Brooks. Upper Iowa University staffs an office in the Brooks Education Center and will offer courses on base in Public Administration and Business Administration on an accelerated 8 week term format beginning in January. Term dates: Jan. 12 - March 5. Registration continues through Jan. 2. Correspondence and online courses are also available. The UIU Center coordinator's office at Brooks is open for appointments Monday through Friday. Call 536-4033 or e-mail [brooks@uiu.edu](mailto:brooks@uiu.edu) for more information.

### Upper Iowa University classes

UIU now offers classes at Brooks. The university allows students to complete degrees through Military Campus Resident Centers, external degree and online. Bachelor's degree completion programs are now available on Brooks and include Business, Public Administration, Social Science and Human Services. Classes are offered on an accelerated eight-week term format. UIU has a partnership advantage with Palo Alto College.

Register now through Dec. 19 for Spring I. Term Dates: Jan. 12 - March 5. (Spring Break March 15 -19) The spring schedule includes PA 364 Public Administration, BA302 Business Law I and MATH 105 College Mathematics that meets Community College of the Air Force math requirements.

The UIU Center coordinator's office at Brooks is open for appointments Monday through Friday. Visit the website at [www.uiu.edu/brooks](http://www.uiu.edu/brooks). Call 536-4033 or e-mail [brooks@uiu.edu](mailto:brooks@uiu.edu).

### Air Force Virtual Education Center

The Virtual Education Center is now online. Servicemembers can view information about Air Force Education Centers and Community College of the Air Force. CCAF students can order CCAF transcripts from this site. There are also practice tests available for CLEP exams on this site. To access the AFVEC go to the following website and establish an account: [www.afvec.langley.af.mil](http://www.afvec.langley.af.mil). For more information call 536-3617.

### Texas State University

Texas State University offers a bachelor of applied arts and sciences. The BAAS degree provides an excellent opportunity for individuals to capital-

ize on prior work and training experiences. Students pursuing this degree may transfer semester hours previously earned, individualize the degree plan with major emphasis in an occupational field of choice, and earn semester hour credit for work and life experience and training conducted by business, industry, and military. Night classes are available in the San Antonio and San Marcos area. For more information or to schedule an appointment, call 536-3618.

### Discover Program online

The Discover Program is a career exploration program for individuals searching for a new career. This program can be used by military, civilians, and family members. For more information, call 536-3617 to schedule an appointment to review the website and get started.

### VA benefits

Personnel who would like information on their VA benefits account or would like to speak with an education case manager about VA education may call the Department of Veterans Affairs Regional Office at 1-888-442-4551 (1-888-GIBILL1), visit the website at: [www.va.gov/education](http://www.va.gov/education), or stop by the local VA field office at 3601 Bluemel in San Antonio.

VA information is also available on the Brooks City-Base Home Page and at the Customer Service Desk at the Brooks Education and Training Center located in Bldg. 558.

### Montgomery GI Bill participants can increase benefits

Active duty personnel, currently enrolled in the Montgomery GI Bill, have the opportunity to increase Chapter 30 GI Bill benefits by \$5,400 (from \$23,400 to \$28,800) for a maximum contribution of \$600. This payment increases the full-time monthly rate one dollar for every four dollars contributed. The minimum payment is \$20 per month. Contributions can be started and stopped at any time while the participant is on active duty. This is not a pay reduction; therefore, there is not a tax savings.

This benefit is only open to personnel who first entered active duty on or after July 1, 1985, and elected to participate in the MGIB. This MGIB feature is not open to Vietnam-Era (Chapter 30/34) or VEAP convertees.

For more information, call 536-3618.



# Cold and flu symptoms can be reduced

By Dr. Leslie Wilson  
*Wilford Hall Medical Center Pediatric Clinic*

Colds and flu are the two most common causes of illnesses in infants and children. These illnesses are caused by viruses. A virus cannot be cured by antibiotics. Viruses must be killed by the body's own "army" of blood cells. However, the symptoms of colds and flu can be helped.

Colds occur six to eight times per year in children and are more commonly seen in the winter months. Viruses that cause colds are spread from person to person through the air (by sneezing or coughing) or by direct contact, such as from hands, kissing or sharing cups.

Having a cold can give your child a sore throat, runny or congested nose, headache, cough, body aches and fever. These symptoms usually last five to seven days and begin slowly. The fever is usually present during the first several days of the illness.

The use of over-the-counter medications may help with some of these symptoms. Using Tylenol or Motrin

for fever, aches and pains will be helpful. Salt water nose drops and gentle bulb suctioning is helpful in infants less than 6 months of age.

After 6 months of age, you may choose to give your child a decongestant or antihistamine if the symptoms are bothersome to the child, such as interfering with their sleeping or eating. A cough medicine may be helpful at nighttime if the cough is interfering with the child's sleep.

Influenza, also known as the flu, is a specific virus that attacks the respiratory tract in humans.

Most people who get influenza will recover in one to two weeks, but some people will develop life-threatening complications (such as pneumonia) as a result of the flu.

Millions of people in the United States — about 10 to 20 percent of U.S. residents — will get influenza each year, causing more than 36,000 deaths. Much of the illness and death caused by the flu can be prevented by a yearly flu shot. The flu shot can be given to anyone who wants to avoid the flu (persons older than 6 months of age). In the pediatric population, it is highly recommended for

- All children 6 to 23 months of age because of their increased risk for influenza-related hospitalization.

- Children with high-risk medical conditions, such as asthma, heart disease and a metabolic disease such as diabetes.

- Individuals in frequent contact with high-risk persons and of all children 0-23 months of age.

Millions of people in the United States — about 10 to 20 percent of U.S. residents — will get influenza each year, causing more than 36,000 deaths.

Even if you or your child does not fit into one of these high-risk groups, you can still get a flu shot.

Call the Wilford Hall Immunization Clinic at 292-5730 for clinic hours.

If your child is enrolled to the pediatric clinic at Wilford Hall, you may call 292-6644 to discuss your child's illness and further home care advice.

The Pediatric Clinic has evening hours until 8 p.m. and weekend/holiday hours, 9 a.m. to 3 p.m. Call 292-7177 to make an appointment.

Reasons to call the doctor or make an appointment

- fever higher than 101 degrees last for more than three days;
- rapid breathing, pain in the chest
- difficulty breathing that is more than just a stuffy nose;
- ear pain or drainage from the ears;
- symptoms that are worsening after seven days;
- concerns for dehydration, such as decreased fluid intake or urination;
- your baby is less than 3 months of age with fever higher than 100.4 degrees.

## National survey to target selected military bases

RANDOLPH AIR FORCE BASE — Some Air Force family members may be asked to take the U.S. Department of Health and Human Services' 2004 National Survey on Drug Use and Health.

The annual survey is legitimate and voluntary, according to Charlie Hamilton, chief of the Air Force Surveys Section at the Air Force Personnel Center. Civilians associated with the Air Force can participate in the survey, if they choose to do so.

The survey samples those 12 and older in the U.S. civilian population to provide various agencies estimates of tobacco, alcohol and drug use.

"This survey is done by geographic region and sometimes Air Force bases are within the selected regions," said Hamilton.

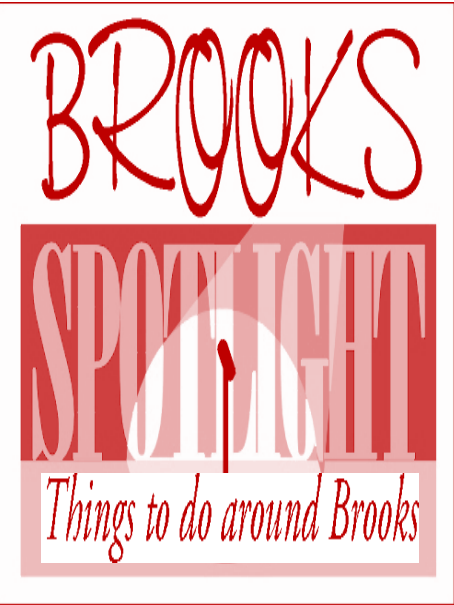
The survey is to be conducted by the Research Triangle Institute, he said. A variety of health related questions appear in the survey questionnaire.

Many government and private agencies use the data for a wide variety of purposes such as determining effectiveness of drug control strategies or estimating demand for drug treatment facilities, he said.

Data collection is scheduled to begin in January and all results are confidential, Hamilton said.

The Air Force Surveys Section is responsible for coordinating this with selected Air Force bases. More information is available at 565-2448.





By Jan McMahon  
Brooks Services Marketing Office

### Brooks Club

**Bldg. 204, 536-3782**  
Bring the entire family to Family Night Buffet every Tuesday. Adults are \$4 and children, 6-10 years, are \$2. Children, 5 years and younger, eat for free.  
Free movies are shown during the evening so be sure to make plans to attend the buffet this Tuesday.  
Take advantage of these great buffets: Dec. 9 — Italian Buffet; Dec. 16 — Mexican Buffet.  
  
Be sure to purchase your Bonanza Bingo cards from the cashiers or bar-

tenders at both Sidney's and the Brooks Club.  
Cards are \$1 each and you can win from \$2 to \$1,000 daily. Check the poster board on display for the various ways that you can bingo and win money!  
  
Mark Dec. 31 on your calendar and make plans to attend the annual New Year's Eve Party at the Brooks Club. The festivities start at 8 p.m. and end after the New Year is ushered in.  
Guests will enjoy light hors d'oeuvres, party favors, breakfast and DJ music by Marvin Lee. Cost will be \$7.50 per person and tickets can be purchased from the cashiers.  
Get ready for a fun-filled evening and be sure to bring a friend or two to the party.  
  
**Sidney's**  
**Bldg. 714, 536-3538**  
Sidney's Sandwich Menu is now available in the Lounge area every Tuesday and Thursday from 10:45 a.m. to 1 p.m. Try ham, turkey, beef or pastrami served with baked beans, potato salad and soda for only \$4.95. A sandwich only is \$3.50.  
  
**Teen Center**  
**Bldg. 641, 536-3160**  
Brooks City-Base teens are collecting new toys (unwrapped), flea market items and monetary donations to help purchase toys for disadvantaged children in conjunction with the San Antonio Child Protective Services.  
Teen centers throughout the San Antonio area will host a flea market in December to raise funds for this project.

Items for Toys from Teens can be dropped off at the Youth Center, Bldg. 470, from 8 a.m. to 5 p.m. and the Teen Center from 6 to 9 p.m.  
  
**Youth Center**  
**Bldg. 470, 536-2515**  
Let Santa's helpers wrap your gifts for you. They will be doing gift wrapping at the Youth Center Dec. 8 through 23 from 8 a.m. to 2 p.m. Santa is sending his helpers to make your holiday gift wrapping painless.  
Donations will be accepted for the gift wrapping so bring your gifts in and let us do your wrapping for you. We will even provide the paper and ribbon! How much easier can it get?  
  
Don't let your guests miss out on a visit from Santa during the holidays. Rent a Santa suit for only \$15 per event. The suit comes with beard, hair, hat, belt, shoe coverings and a bag for gifts.  
Have Santa visit your home, make an appearance at the office party ... just let your imagination go!  
Reserve your suit early to ensure that Jolly Old Saint Nick makes an appearance at your function. Call the center staff for more details.  
  
**Golf course**  
**Bldg. 821, 536-2636**  
Cappuccino is at Brooks City-Base. Be one of the first to try our specialty coffees. Stop by seven days a week from 6:30 am until dusk.  
Select from French Vanilla, Almond Amaretto or Butternut Cocoa. We guarantee our prices are lower than anywhere else on the southeast side of San Antonio.

Purchase a 12-ounce cup for 75 cents, 16-ounce cup for 85 cents or a 20-ounce cup for 95 cents. Bring in the coupon and purchase any size cappuccino for the price of a 12-ounce cup! Watch for Krispy Kreme doughnuts.  
  
**Health and Fitness Center**  
**Bldg. 940, 536-2188**  
Give and move with a purpose. Plan to participate in the December Aerobathon to be held at the Health and Fitness Center Tuesday. Participants can bring in five canned food items, which will be donated to the Brooks Cares Program.  
You can ask people to sponsor you with donations as well.  
The Brooks Cares Program also accepts unwrapped toy donations. Donating participants will receive a T-shirt. There will be drawings for other prizes following the event.  
Call the Fitness Center to sign-up and reserve a place in the Aerobathon.  
  
**Child Development Center**  
**Bldg. 502, 536-2736**  
The Child Development Center has several full time slots available for children ages 12 months through 5 years of age.  
Children of parents on Brooks City-Base are eligible to enroll. This includes active duty military, DoD civilians, retirees, contractors and NAF personnel employed at any 311th Mission Support Group positions or the AAFES on Brooks.  
When spaces are available, hourly care will be provided at \$3 per hour per child. For more information call Nita White.



# National Defense Authorization Act gives reservists expanded benefits

WASHINGTON (AFPN) — The fiscal 2004 National Defense Authorization Act offers reservists and their families unlimited commissary privileges, better health benefits and an overall average military pay raise of 4.15 percent.

President George W. Bush signed the defense bill Nov. 24. It allows reservists in the Selected Reserve, reserve retirees under age 60 and their families to have access to commissaries on the same basis as active-duty people, retirees and their families.

The act authorizes a minimum pay hike of 3.7 percent with additional increases to midgrade and senior noncommissioned officers and midgrade officers.

To improve readiness, the law allows Department of Defense officials to provide immediate medical and dental screenings and care to reservists who are assigned to a unit that has been alerted or notified of mobilization. Reservists can obtain improved TRICARE coverage until Dec. 31, 2004, under the following circumstances:

- Nonmobilized reservists and their families can enroll on a cost-share basis if the reservist is unemployed or the employer does not offer health insurance.
- Coverage for mobilized reservists and their families can begin up to 90 days before the start of the reservists' active duty. Previously, cover-

age started only when the active-duty period began.

- Coverage can continue up to 180 days after separation from active duty. Previously, coverage lasted up to 60 or 120 days after separation, depending on the years of service.

Another change expands eligibility for family members to enroll in DoD Dependents Schools on a space-available, tuition-free basis. In the past, this benefit was limited to families of reservists who were recalled from an overseas location. The change also allows DoDDS enrollment if reservists are recalled from a continental U.S. location. (Courtesy Air Force Reserve Command News Service)

# Department of Defense civilians gain leadership experience, earn their 'stripes' at NCO academy

By Geoff Janes  
*Warner Robins Air Logistics Center Public Affairs*

ROBINS AIR FORCE BASE, Ga. (AFPN) — The noncommissioned officers academy here is one of two Air Force test sites allowing civilians to learn the ropes of leadership by working side-by-side with enlisted airmen.

Robins and Kirtland Air Force Base, N.M., are part of a yearlong trial phase that could change the way professional military education is handled in the future, Chief Master Sgt. Orlando Justice said. He is the Robins NCOA commandant.

"Robins was selected for two reasons — sustained record of excellence at the

academy and an environment rich in civilians in leadership positions over enlisted personnel," he said. "If this training is essential for military leaders of enlisted personnel, then it only stands to reason that the civilians in leadership positions need the training, too."

Paula MacLeod, a contract specialist with the Warner Robins Air Logistics Center contracting directorate, was chosen from a field of her peers, and is scheduled to be the first civilian to graduate from the academy Dec. 11.

"I think this will be helpful," she said. "Last week we went over leadership. I had seen it before, but only because I'm working on my master's de-

gree. Civilian employees don't get this type of training until they're at the GS-12 and 13 level, so the military is kind of ahead of us in that respect."

The six-week course covers everything from leadership and writing enlisted performance reports to physical conditioning, counseling and drill and ceremony.

Civilians eligible for acceptance to the academy during the test program include wage supervisors grades 1 to 8, wage-grade employees in grades 9 to 12, wage leaders in grades 1 to 6, and general-service employees in grades 6 to 9. For more information, e-mail Linda Golden at [Linda.golden@robins.af.mil](mailto:Linda.golden@robins.af.mil).



## Midweek mass

Midweek mass at the Brooks Chapel is held Thursdays at 11:30 a.m.

Mass is held each First Friday of the month and on holy days of obligation. Mass is open for the entire base Roman Catholic community.

## Chapel schedule

- Weekdays:**  
11:30 a.m. — Mass or Eucharistic service
- Wednesdays:**  
12 p.m. — Lifebuilders luncheon  
6 p.m. — Catholic choir rehearsal
- Thursdays:**  
7:30 p.m. Protestant choir rehearsal
- Sundays:**  
9 a.m. — Catholic Mass  
10:30 a.m. — Catholic religious education  
9 a.m. — Protestant Sunday School, ages 3-adult  
10:30 a.m. — Protestant Worship, includes children's church



Andrew Wireman's violin playing skills earned him first place in the Children (ages 6-8) Solo/Group category.

## Youth Services presents Air Force family, teen talent contest

The Brooks City-Base Youth Center hosted the 2003 Family and Teen Talent Contest Nov. 14.

The youth center invited moms, dads, brothers and sisters to sing, dance and perform together in a family-oriented event.

Contestants entered in one of 15 categories: parent and child team; husband and wife team; children (ages 3-5); children (ages 6-8); preteen solo (ages 9-12); preteen group (ages 9-12); teen solo (ages 13-15); teen group (ages 13-15); teen solo (ages 16-18); teen group (ages 16-18); family and adult solo.

Talent contest coordinators Feletia McLaurin and Ron Hayes submitted videotapes of base winners for an Air Force-level contest, where competitors will vie for U.S. Savings Bonds.

"Everyone enjoyed an evening of entertainment while cheering for their family, friends, co-workers and neighbors," said Dixie Bonomo, Youth Services director.

### Participants

#### Parents and Youth Team:

Rita and Nicole Mauricio (singing)

— first place

Patricia and Sean Bennett (singing)

— second place

#### Children (ages 3-5) Solo/Group:

Virginia Medina (singing) — first

place

#### Children (ages 6-8) Solo/Group:

Andrew Wireman (playing violin)

— first place

#### Preteen (ages 9-12)

Megan and Virginia Medina

(cheerleading routing)

— first place

Sean Bennett (playing saxophone)

— second place

#### Teen (13-15) Solo Vocal Act

Nicole Mauricio (singing and dancing)

— first place

#### Teen (13-15) Group Act

Stacy Step Team — first place

#### Adult Solo

Anne Rozkydal (singing)

— first place



Nicole Mauricio performs a vocal and dance routine in the Teen Vocal Act category.



Photos by Staff Sgt. Brandy Bogart

Megan and Virginia Medina perform their cheerleading routine in the Preteen category.



The Stacy Step Team captures first place in the Teen Group Act category.





Photo by Tech. Sgt. Bob Oldham

Senior Airman Eric Stafford and his partner, Tino, patrol a bombed out building in Iraq. Tino is trained to detect explosives and is credited with stopping two men who breached the perimeter of Tallil Air Base.

# Military working dogs help defend troops in Iraq

By Tech. Sgt. Bob Oldham  
*332nd Air Expeditionary Wing Public Affairs*

TALLIL AIR BASE, Iraq (AFPN) — Hiding behind mounds of dirt or anything else his handler could find, Tino sat and waited for an intruder to breach the base's fence on his random listening and observation post.

Suddenly, the military working dog's ears, eyes and nose zeroed in on two men as they entered the base's perimeter. As the men closed in, Tino stood up, fluffing up his hair and tail to make his presence known.

"You could hear them stop breathing (when they saw Tino)," said Senior Airman Eric Stafford, a military working dog handler here from Moody Air Force Base, Ga. "They knew it was over."

The two men threw their hands in the air — their foray onto the base was over. Stafford called for backup, and the two were hauled away. Mission complete.

In today's Air Force, it takes a special breed of airman and dog — German shepherd, Dutch shepherd or Belgian malinois — to secure the perimeter of a military installation, and it is no different here.

To help security forces airmen cope with the hazards of the job, they team with military working dogs

to thwart potential aggressors and keep base airmen safe to do their jobs. Stafford and Tino are just one example of that teamwork.

All of the Department of Defense's military working dogs are trained at Lackland Air Force Base. Once trained, dogs are shipped to units and paired with a trained handler. The two work together at home station and temporary duty locations, as is the case with Tino and Stafford. They will separate only when the airman permanently changes duty stations.

Tino is not just a security dog, he is also trained to smell explosives or explosive-making materials. The dog and Stafford are one set of an undisclosed number of dogs and handlers here, keeping intruders and terrorist bombs out, officials said.

While both tasks are important, so is keeping military working dogs healthy. That job falls to a trained Army veterinarian technician who monitors the dogs' health on a weekly basis, looking for signs of disease or injury.

To keep the dogs hydrated, they drink the doggie version of a human sports drink to replace lost electrolytes. They also have special equipment that works like an ice pack to help them stay cool when temperatures rise, officials said.





# Feature



Dumes



## FULL NAME:

Senior Airman Junell Mar'Quez Dumes

## DUTY TITLE, ORGANIZATION:

SFOL-B1  
311th Security Forces Squadron

## WHAT IS MY JOB?:

I answer and direct phone calls, monitor alarm systems, dispatch and supervise patrols as needed.

## BIRTHDAY:

June 13, 1981

## HOMETOWN:

Nashville, Tenn.

## FAMILY STATUS:

Dating

## NICKNAME:

"J.D."

## MOTTO:

"Never take your cues from the crowd."

## HOBBIES:

Basketball, movies, dining out, spending time with my family and more basketball!

## PET PEEVE:

Impatience, and those balls people put on their car antennas

## BOOKS AT BEDSIDE:

My old teen study Bible

## INSPIRATIONS:

My heavenly father and those who are close and dear in my life.

## I JOINED THE MILITARY BECAUSE:

I wanted to establish myself within a professional career and also continue my education.

## FIVE-YEAR GOAL:

Complete my degree program and work toward my ultimate goal.

## ULTIMATE GOAL:

To be blessed with the opportunity to play professional basketball in the states or overseas.

## IF I WON THE LOTTERY I'D:

I would first give back what is due by tithing then I'd buy the entire Los Angeles Lakers franchise.

## FAVORITE MUSIC:

Rap, Christian Rap, R&B and Hip-Hop

## MY GREATEST ACCOMPLISHMENT:

Being invited to try out and play with a semi-pro ball club in South Carolina.

## MY MOST PRIZED POSSESSION:

My family.



Photo by Staff Sgt. Alfonso Ramirez Jr.

# It's a family thing

By Steve VanWert  
Staff writer

It's easy to see why Senior Airman Junell Dumes might be drawn to the sport of basketball. His 210 pounds spread over a 6 foot, 6 inch frame and natural athletic grace screams "small forward." What's not easy to see is the "J.D." Dumes on the inside — the soft-spoken family man and professional airman. The two parts make up the whole man.

Dumes grew up knowing a lot about the military experience. His father spent four years in the Army as a mechanic. Other family members, including uncles, spent time in the Air Force.

"I remember visiting my uncle and touring Offutt Air Force Base," he said. "As well as touring Lackland when visiting another uncle. Joining the Air Force was always my first choice."

But not his only choice. Dumes was offered a partial athletic scholarship to attend college. It was a big decision, but one he made easily. "I joined the Air Force because I wanted to establish myself within a professional career and also continue my education in the process," he said. "Besides, I thought I knew what I was in for when it came to basic training."

Not exactly. "It didn't take long for me to realize that the TI wasn't my uncle and he wasn't going to give me any breaks. I totally worked at it."

Dumes's success as a military airman has come thanks to hard

work and the mentorship of Staff Sgt. William McHale, his supervisor at the 311th Security Forces Squadron. "He's a very good supervisor," said Dumes. "He encouraged me to enroll in the Community College of the Air Force and continue my education. He also makes sure I can work classes and basketball into my work schedule."

Ah, basketball. You can't talk about "J.D." Dumes for long before you get back to basketball.

Dumes's roundball prowess comes naturally. His father played forward for Tennessee State University and semi-pro ball for the Omaha Racers in Omaha, Neb. His mom also played basketball as a high school student in Columbia, Tenn. Derrick, his 26-year-old brother, played high school varsity and his 18-year-old brother, James, played high school ball for John Jay High in San Antonio and is set to join the Air Force this month.. His sister, Lamaka, played both high school basketball and was a starter on the St. Philips College team. It's in his blood.

Dumes began his basketball career as a high school freshman playing junior varsity. He averaged 11 points, seven rebounds and four blocks his first year and led his team to the state tournament. His senior year he played on the "Varsity" team, averaged 15 points, seven rebounds and six blocked shots, leading his team once again to the state tourney. He now plays on the St. Philips College team, which went 17-1 last year and won the Alamo Community College District

championship. He averaged 20.1 points, seven rebounds and three blocked shots and was named the tournament's most valuable player. This year has just started, but the team is 2-0 and has confidence it can win the big one again.

One of his biggest thrills in sports happened in October, when he went to a basketball camp run by the North Charleston Lowgaters, a semi-pro team in the National Basketball Association Developmental League. The camp lasted three days, with the original 100 players cut to 50 the second day and to 10 the last day. Dumes was one of the 10.

"It was a thrill," he said. "I got to talk to John Starks, Robert Parrish, Kiki Vandewegh and Kareem. They gave me advice and encouragement. I'm really glad I went."

Dumes's love of basketball is one thing his friends and co-workers agree is a good thing. His choice of the Los Angeles Lakers as his favorite team creates a little tension in his San Antonio Spurs-loving office. He especially finds one of his best friends, Senior Airman Robert Isarraraz, vocal in his "homerism." "We go at it all the time," Dumes said. "Robert is the biggest Spurs fan there is and I've always loved the Lakers. Last year I really caught it from him. This year I've been able to give it back, at least so far. The season is still young."

But why the Lakers? Dumes calls Nashville his home. "I don't know," he said. "I've always liked the way Shaq plays. I liked his style when he was playing for the Magic. I just followed him along to LA. I know I'm in the minority around here, but I'm going to stick with them until the end."

Dumes's future plans include finishing his Air Force enlistment and enrolling at Vanderbilt University in Nashville. He likes both the academic and athletic programs there. "I like the Southeast Conference. It's really competitive." He's already spoken unofficially to Vanderbilt coaches and physically checked out the school.

There's one more family member close to Dumes's heart. "I spend a lot of time with my sister's daughter, Tytiana," he said. "She's attending kindergarten at Radiance Academy in San Antonio. I just love teaching her."

Right now, Dumes is teaching her about basic life experience. But it's just a matter of time before he starts showing her how to block out and grab that rebound. It's a family thing.

Steve.VanWert.brooks.af.mil





## Kennedy

Continued from Page 1

Before Cabana recounted in vivid detail his experiences during his first shuttle mission in 1990, he identified some of Brooks' contributions to space science. "The folks here at Brooks have been key players in our quest for knowledge.

"Many of our NASA flight surgeons received their primary course in aerospace medicine here, and many of them are graduates of your School of Aerospace Medicine. Many of Brooks' scientists have been principal investigators for NASA's space medicine-related research. And of course, many of our astronauts receive their first indoctrination to the stresses of a space shuttle ascent in the centrifuge here at your facility," Cabana said.

Cabana's remarks struck a chord with a group of Brooks "pioneers"

who in the 1960s helped NASA fulfill JFK's dream of landing a man on the moon by the end of that decade. Most prominent in that group who attended the commemoration ceremony was Dr. Thomas Tredici, an 81-year-old scientist-ophthalmologist, who continues to serve as an Air Force civil servant with USAFSAM. Tredici supported America's space program by contributing to the development of the gold-transmitting EVA (Extra Vehicular Activity) helmet visors that protected Neil Armstrong, "Buzz" Aldrin and subsequent moon mission astronauts from the harmful effects of ultraviolet light radiation.

Linking Brooks' past and present contributions to space with America's centennial of flight celebration, Col. Tom Travis, 311th

Human Systems Wing commander, noted in the ceremony's opening address, "Today we celebrate the convergence of two events that are foundational in the life of this place ... a place with a legacy that has been indispensable to our nation's, indeed our world's, progress. I'm referring to the centennial of Orville and Wilbur Wright's first flight at Kill Devil Hill, North Carolina, and the 40th anniversary of President John F. Kennedy's dedication of the campus of the Air Force Aeromedical Center and School of Aerospace Medicine — his last official act. Those events go hand-in-hand, for the history of flight is also the history of man challenging an alien environment, an environment of temperature ex-



Photos by Staff Sgt. Alfonso Ramirez Jr.

Col. Tom Travis, 311th Human Systems Wing commander, and Robert Cabana, director of NASA's Flight Operations Directorate, unveil a display depicting the "100 area" of Brooks that President John F. Kennedy dedicated in 1963.

temes, of accelerations many times that of gravity, of pressures so low that blood bubbles, of working with machines in totally new ways. President Kennedy knew this, and his dedication of these six buildings 40 years ago today, standing on this spot at this podium, was a call to action for the scientific and engineering communities to overcome the dangers of manned space flight."

"The theme for today's commemoration is truly appropriate - 'Spanning the Millennia, Our Mission Continues'," he said.

Travis quoted a key passage from Kennedy's speech that was cowritten by one of the commemoration ceremony's most distinguished guests: retired Lt. Gen. George Schafer, former Air Force Surgeon General, who in 1963 was the Aerospace Medical Division's vice commander at Brooks.

"I have come to Texas today to salute an outstanding group of pioneers — the men who man the Brooks AFB School of Aerospace Medicine and the Aerospace Medical

**“ Many of our NASA flight surgeons received their primary course in aerospace medicine here, and many of them are graduates of your School of Aerospace Medicine. ”**

Robert Cabana  
Director

NASA's Flight Operations Directorate

Center," Kennedy said. "It is fitting that San Antonio should be the site of this center and this school as we gather to dedicate this complex of buildings. For this city has long been the home of the pioneers in the air; it was here that Sidney Brooks, whose memory we honor today, was born and raised.

It was here that Charles Lindbergh and Claire Chennault and a host of others who in World War I and World War II and Korea, and even today, have helped demonstrate American mastery of the sky, trained at Kelly Field and Randolph Field, which form a major part of aviation history. And in the new frontier of outer space, while headlines may be made by others in other places, history is being made every day by the men and women of the Aerospace Medical Center without whom there could be no history'."

Rudolph.Purificato@brooks.af.mil



The Brooks City-Base Honor Guard marches in the anniversary commemoration ceremony.

# Brooks 'pioneers' recall JFK's historic visit

By Rudy Purificato  
311th Human Systems Wing

Their long-term memories of President John F. Kennedy's Nov. 21, 1963, visit to Brooks Air Force Base are as sharp as their collective wit. Yet none of the former Brooks employees who participated in the 311th Human Systems Wing's 40th anniversary commemoration ceremony as special guests believe they played a "pioneering" role alluded to by JFK in his last speech on space exploration.

During a post-ceremony luncheon at the Brooks Club hosted by Col. Tom Travis, 311th Human Systems Wing commander, a few of the more than two dozen members of a group identified as Brooks "pioneers" recounted how they felt about President Kennedy's visit.

"It was kind of neat and exciting to talk to the commander-in-chief," recalls Dr. Billy Welch, former Armstrong Laboratory director who had conducted numerous space cabin pressurization

experiments during the 1950s and 1960s as a U.S. Air Force School of Aerospace Medicine scientist.

"President Kennedy had a glow around him, an aura that was something special and very apparen," said Dr. James Endicott, who in 1963 was a USAFSAM audiologist.

Endicott, who as "officer of the day" during JFK's visit was unencumbered by tight security, said he initially had an uneasy feeling about JFK's mode of transportation to Brooks from Lackland AFB. "I remember remarking when his motorcade arrived, 'no bubble on the convertible (limousine).' For some reason, that troubled me," he said. The next day in Dallas, JFK was an easy target for assassination while sitting in that same open limousine.

Endicott recalled that after his talk, JFK elected to walk from the front of Bldg. 150, where he had delivered his speech, to the interior viewing area of the altitude chambers. Kennedy's route included a stroll between Bldg. 125 and the

aeromedical library.

It was decided that Kennedy's motorcade would pick him up at the rear entrance to the altitude chambers. "The motorcade was misdirected to the loading dock behind Bldg. 125. Following it was two Greyhound buses carrying the media," Endicott said. "The buses trapped the motorcade." There was insufficient space for the vehicles to turn around. "When the crowd saw this, they went down there to get handshakes."

Brooks workers wanted to meet entourage members, including Vice President Lyndon Johnson and his wife Lady Bird, the President's wife Jackie and Texas Governor John Connolly and his wife. "It (that scene) has haunted me," Endicott said. "If someone had thrown a hand grenade down there they would have killed half the (federal) government."

No security incidents occurred that day, as FBI, Secret Service and Air Force Security Forces snipers roamed the rooftops on "The Hill" while JFK spent his time during the Brooks trip.





# Air Force board game debuts

By Staff Sgt. Melanie Streeter  
*Air Force Print News*

WASHINGTON — A new game hit the shelves of base exchanges Dec. 1 when the Army and Air Force Exchange Service introduced Air Force Edition Monopoly.

“This is a one-of-a-kind board game dedicated to the men and women of the United States Air Force,” said Chris Burton, of the exchange service.

According to the game box, “You’ve been appointed a joint air-component commander and must assemble your forces to deploy and fight the enemy. As you accumulate air expeditionary squadrons and wings, remember the words of the Air Force chief of staff, ‘Victory belongs to those who can most quickly collect intelligence, communicate information and bring capabilities to bear against targets around the globe.’”

In classic Monopoly risk-taking, deal-making style, players compete to control aircraft, rocket and satellite properties, Burton said. Instead of traditional houses and hotels, the Air Force edition features air expeditionary squadrons and air expeditionary wings.

“Also, the chance and community chest cards have been changed to airman’s legacy and commander’s call cards, with comments referring to the Air Force,” Burton said.

Players navigate the board with a B-2 Spirit, an air traffic control tower, the F/A-22 Raptor, a satellite, an unmanned aerial vehicle or a C-17



Courtesy graphic

Air Force Edition Monopoly debuted at base exchanges beginning Dec. 1.

Globemaster III. Even the money is custom made to complement the Air Force theme.

The Air Force edition comes after the success of the Army Monopoly game in August 2002, Burton said.

Officials plan to stock the game for as long as customers demand the product, Burton said. Based on sales of the Army edition — the No. 1 board game sold by AAFES — Burton said the Air Force edition is expected to be as successful or better.

Customers can also purchase the game online at [www.aafes.com](http://www.aafes.com).

## Airmen help Santa send, postmark Christmas letters from North Pole

EIELSON AIR FORCE BASE, Alaska (AFPN) — Combat weather flight airmen here will once again help Santa send out thousands of signed, North Pole-postmarked letters to children worldwide.

The Santa’s Mailbag program started in 1954 by 58th Weather Reconnaissance Squadron airmen, and has been carried on by those of the 354th Operations Support Squadron.

Each year, the unit receives thousands of Dear Santa Claus letters and Christmas-wish lists. Volunteers in the 15-person unit sort and read the letters, select an appropriate reply from Santa Claus, and mail the letters with an official North Pole postmark.

“Last year, we received about 3,000 letters,” said Capt. Thomas Crenshaw, combat weather flight chief. Volunteers will continue to process letters through Christmas.

The flight must receive letters to Santa by mid-December to ensure a reply before Christmas. Children whose letters arrive too late will get a special “after Christmas” letter from Santa.

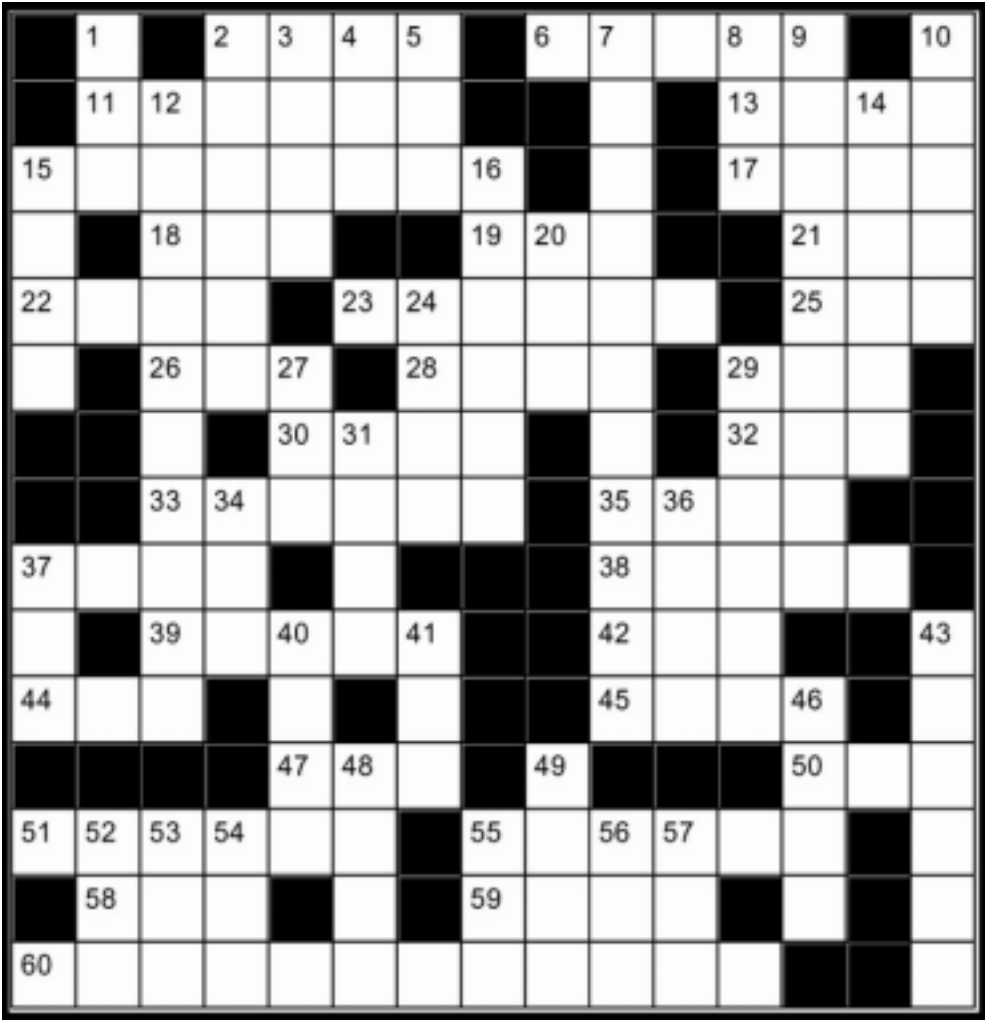
Children can write to Santa at:

Santa’s Mailbag  
354th OSS/OSW  
2827 Flightline Ave. Suite 100B  
Eielson AFB AK 99702-1520

There is no cost for the letters, but self-addressed stamped envelopes or donations to help defray the cost of postage are accepted.



# Flying into the Blue



Solutions, Page 21

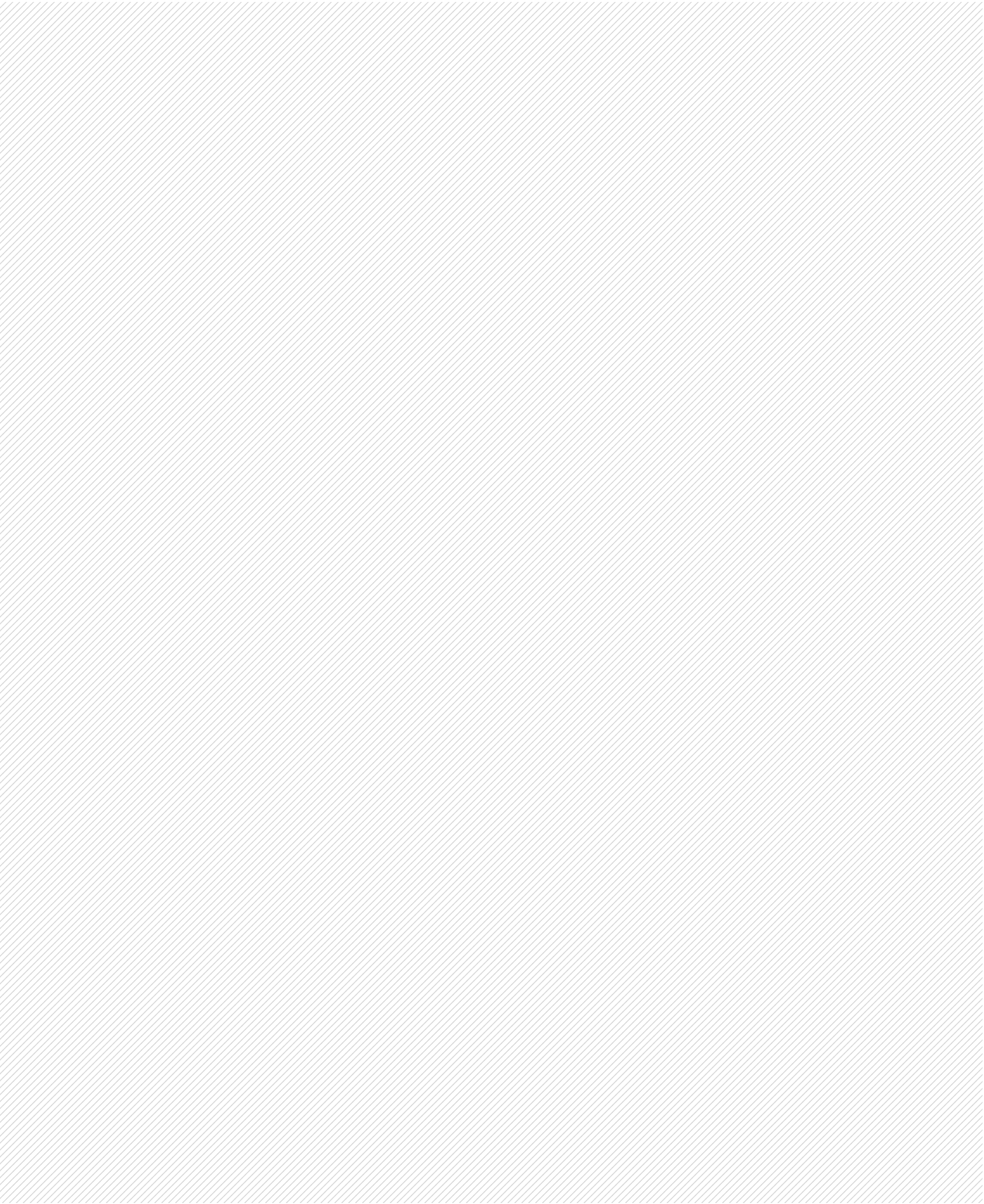
By 1st Lt. Tony Wickman  
*Alaskan Command Public Affairs*

## ACROSS

2. Actress Ward  
6. Florida AFB home to 33rd FW; a/c tail marking of EG  
11. \_\_\_\_\_ de corps; service pride and loyalty  
13. U.S. currency coin  
15. KC-10  
17. Periods  
18. Fighter pilot expert  
19. Sphere  
21. Owns  
22. Actress Petty  
23. B-1B  
25. Temp. military duty  
26. Headed  
28. Type of cheese  
29. Comedian Margaret  
30. Champion  
32. Rule  
33. F-16  
35. Ponderous  
37. Abominable snowman  
38. Duties  
39. Mistake  
42. See  
44. Combat  
45. abcd...jklm....????  
47. 2,000 lbs  
50. Zero  
51. F-15s  
55. B-2  
58. Formerly  
59. Peers; as in court  
60. KC-135

## DOWN

1. Superman's nemesis  
2. Money in coin  
3. Sea eagle  
4. Top  
5. Dined  
7. C-17  
8. Actress Lupino  
9. F-117  
10. Sadlier novel, \_\_\_\_\_ Conway: or The Irish Girl in America  
12. C-141  
14. Lea  
15. Fashionable magazine  
16. Brazilian who opened country interior; Candido \_\_\_\_\_  
20. Record company  
24. Prefix meaning "air"  
27. FedEx rival  
29. Clothing spot  
31. Greek nymph  
34. Breath  
36. Installs  
37. Shrub tree  
40. By memory  
41. Galloped  
43. C-5  
46. Do \_\_\_\_\_ others ....  
48. Capital of Norway  
49. Gyrated  
52. Picnic pest  
53. Country between Ned. and Pol.  
54. Actress Thompson  
55. AF lawyer  
56. Bother  
57. Bread type







## December Leading Edge magazine available

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFMCNS) — They come in all sizes and colors, young and old, retired or just beginning their careers in the Air Force Materiel Command.

They take care of their families, pursue outside interests and, in some cases, overcome obstacles that would bring others to their knees. A few of the many talented people who make up the AFMC family are highlighted in this annual edition of the Leading Edge, AFMC's command magazine.

Also in this issue, a special farewell tribute to Lt. Gen. Charles Coolidge, the AFMC vice commander who retired following his 36-year trek to the stars. Read why he believes today's Air Force is a much better Air Force than the one he joined as an 18-year-old from the hills of Tennessee.

Other stories highlight how the F-15 Eagle hospital crew helps keep the mission moving, how baby sea turtles make waves at Eglin Air Force Base, Fla., and how workers at Hanscom Air Force Base, Mass., are digging up battlefield debris that possible date back to the 1775 battle that led to the birth of America.

The Leading Edge is available at:  
[www.afmc-pub.wpafb.af.mil/organizations/HQ-AFMC/PA/leading\\_edge/](http://www.afmc-pub.wpafb.af.mil/organizations/HQ-AFMC/PA/leading_edge/)

## Flying into the Blue solutions

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from Page 19

20 Shopping Days Until Christmas!



# Brooks Eagles win youth gridiron title

By Rudy Purificato  
311th Human Systems Wing

The Brooks Eagles senior football team captured the Texas Youth Football Association championship Nov. 22 by beating the previously undefeated Randolph Renegades 39-25 at Harlandale Memorial Stadium.

The 9-1 Eagles, whose only regular season loss was to the Renegades, staged a dramatic come-from-behind victory for the title. The Eagles last won the TYFA crown in 1997.

"They wanted it so bad. They clearly took over in the second half," said Brooks Youth Sports Director Larry Flores, who was among a large group of Brooks fans to witness the showdown between league champ Randolph and league runner-up Brooks.

Behind 18-7 at the half, the Brooks squad was determined not to repeat what happened to them last year when they lost the title game to the West Central Texans.

Leading the Eagles' scoring attack were fullback Ernesto Garza and wide receiver-tailback Pete Cardona who both scored two touchdowns. However, it was Eagles safety Jordan Edwards' key play late in the second half that proved to be pivotal. Edwards helped stymie Randolph's attempt to regain



Photo by Rudy Purificato

Brooks Eagles head Coach Ray Lopez gives his team a pep talk before their homecoming game here. The team fin-

ished 9-1 in the regular season and won the Texas Youth Football Association Championship.

momentum when he stopped them from scoring a touchdown by tackling a Renegade player who was racing toward the end zone.

"When he (Edwards) made that tackle, it took the wind out of their

(Randolph's) sails," Flores said.

That play underscored the Eagles' solid defense, sparked by linebacker Narciso Vasquez and aided by linebacker-tight end Lincoln Vidal who scored his team's first touchdown after

the Renegades had taken an early lead.

The Brooks squad, composed mostly of 11 and 12 year-old players, was led by head coach Rey Lopez.

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Photo by Rudy Purificato

A series of running clinics at the Brooks Fitness Center this month are designed to help prepare active duty members for the new Air Force physical fitness program in January 2004.

## Running clinics support AF's new PT program

By Rudy Purificato  
311th Human Systems Wing

The Brooks City-Base Health and Fitness Center is helping active duty personnel "get a leg up" on meeting new Air Force physical fitness standards with a series of running clinics that began this week.

Presented by Roger Soler Sports, the final two clinics in the series will be held from 9-10 a.m. Dec.16 and 18 at the the Brooks fitness center.

"The clinics are being held for the first time at Brooks to help active duty personnel prepare for the new Air Force PT program that goes into effect Jan. 1, 2004," said Diana McCurtain, HAWC exercise physiologist.

The free clinics focus on one aspect of the new Air Force PT program - running. Clinic topics include running and stretching techniques, hydration, proper footwear and gait analysis; the latter involving runner strides.

"Prior to 1995, the Air Force had a running program," McCurtain said, explaining that it was abandoned in favor of the stationary bike primarily because of running deaths suffered by the Army and Navy.

However, the Air Force's shift back to requiring active duty personnel to run one-and-a-half miles in a prescribed amount of time necessitated a training option be made available through these clinics.

"We're being very cautious

about clearing personnel to run," McCurtain said, noting that individuals who are not physically cleared to participate in the new Air Force PT program will continue to be tested on the stationary bike.

Besides running, the revised Air Force physical fitness program includes a specified number of pushups and crunches (sit-ups) performed in one minute, plus abdominal circumference measurements.

"This is a huge change for the Air Force," McCurtain said of the new PT standards, noting that the running clinics will be scheduled here quarterly.

For more information about the clinics, call the HAWC at 536-4292.

## Holiday aerobathon to raise gift donations for Brooks Cares

By Rudy Purificato  
311th Human Systems Wing

Besides helping fitness fans shed some extra weight gained during Thanksgiving, the first holiday aerobathon to be held at Brooks Dec. 9 is designed to provide food and gift donations for Brooks Cares.

"The aerobathon is free, but we are asking participants to register by donating (at least) 10 canned or non-perishable food items," said 2nd Lt. Erica Lindstrand, event organizer who will serve as one of three aerobathon instructors. She said unwrapped toy donations will also be accepted as part of the event's contributions to the Brooks Cares program.

Lindstrand, assigned to the 311th Human Systems Program Office, and fellow aerobics enthusiast Tech. Sgt. Freda MacArthur with the U.S. Air Force School of Aerospace Medicine, jointly came up with the idea for the first aerobathon held on base during the holiday season. Brooks Fitness Center Director Roy Conatzer approved their plan to stage the event at the base gym from 11 a.m. to 1 p.m.

Participants will be treated to a full-body workout conducted by Lindstrand, Vida Marsh and Cheryl Forte. The trio plan a workout regimen featuring step aerobics and in-

*"The aerobathon is free, but we are asking participants to register by donating (at least) 10 canned or non-perishable food items."*

2nd Lt. Erica Lindstrand  
Aerobathon organizer

tervals, the latter including a variety of floor exercises such as high-energy calisthenics and perhaps kick boxing. For "dessert," Lindstrand said, participants will be treated to a yoga routine followed by un-Starbucks-like 'pilates," the cream or core of muscle workouts.

While the fitness center will provide water and fruit, participants should bring their own bottled water, towel and wear a sturdy pair of gym shoes. T-shirts will be given to all donating participants. Additionally, there will be drawings for prizes.

Lindstrand said the aerobathon can accommodate about 60 people. The last Brooks aerobathon was held in the spring.



# Base to host powerlifting, bench press meet

By Rudy Purificato  
311th Human Systems Wing

The Brooks Fitness Center will host the 10th annual December Fest Powerlifting and Bench Press Meet Dec. 13 at the base gym in Bldg. 940. This USA Powerlifting-sanctioned event will serve as a qualifying meet for the national championships to be held in February 2004. Brooks last



Photo by Rudy Purificato

Brooks Fitness Center specialist Willie Mastin, former Texas chairman for USA Powerlifting, will serve as co-director of the December Fest Powerlifting and Bench Press Meet to be held at Brooks Dec. 13.

**// We anticipate there will be about 50 participants. If you enter the powerlifting competition and also want to compete in the bench press meet, your total cost would be \$90.**

**//**

Willie Mastin  
Co-director of the December Fest Powerlifting and Bench Press Meet

hosted this qualifying meet in December 2000.

"We anticipate there will be about 50 participants," said fitness center specialist Willie Mastin, former state chairman for USA Powerlifting. Mastin will serve as the meet's co-director with powerlifting legend and former national champion Gene Bell.

Powerlifting includes three events: squat, bench and dead lift. Competitive divisions for men and women are: open, masters (age 40 and older), submasters (35-39), military, teenage (14-18) and juniors (18-21). There are also 10 weight classes for women and 12 for men.

Individual entry fees are \$55 for one division, and \$35 for each subsequent division.

"If you enter the powerlifting com-

petition and also want to compete in the bench press meet, your total cost would be \$90," Mastin said. He explained that best lifts in the bench press portion of the powerlifting competition will also be counted if an individual is also entered in the bench press meet. The team entry fee is \$50 per team, minimum of three individuals per team.

Medals will be given for first, second and third place in all divisions and weight classes. Meet T-shirts cost \$10 and increase to \$15 after the Dec. 12 registration deadline. Registration forms are available at the fitness center desk.

Individuals or teams can register through Mastin's voice mail at 536-2340. Registration fees are payable by personal check or money order to: AOA Sports. AOA represents Alamo Officials Association, which is supporting this event.

The early weigh-in will be at the fitness center Dec. 12 from 5 to 7 p.m. The late weigh-in is scheduled for 7-8 a.m. on Dec. 13, followed by a rules clinic/flight announcements at 8:30 a.m. The competition begins at 9:30 a.m.

Mastin said American powerlifting records that are broken at this meet will be officially recognized by USA Powerlifting because the event is being officiated by three nationally qualified judges.

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## Good eating habits key to keeping fit

By 1st Lt. Mae-Li Allison  
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFMCNS) — Exercising is only one of several elements needed to live a healthy lifestyle.

So said Staff Sgt. Cristina Saguin, noncommissioned officer in charge of nutrition programs and diet therapy craftsman at the Eglin Health and Wellness Center.

"Exercise alone cannot improve a person's health," Saguin said. "Unfortunately, there are those who think that if they exercise, it's a license to eat whatever they want."

Saguin said this thinking leads to poor eating habits like skipping meals, not eating from all the food groups during the day and fad diets.

"Skipping meals can slow the body's metabolism," said the 12-year nutrition career field veteran. "Later, they'll overeat, typically on the least healthy of foods."

Saguin recommends people write down everything they eat during the day and when they eat as the first step in improving eating habits.

Additionally, people should eat small meals and snack throughout the day, making sure the meals and snacks encompass all the food groups, Saguin said.

Snacks should include whole-grain breads, cereals, rice and pastas, plenty of vegetables and fruits, low-fat dairy products and lean meats.